

# COCONUT RECIPES FROM ALL OVER THE WORLD

## Coconut Biscuits (India)

- |                        |                           |
|------------------------|---------------------------|
| 2 cups grated coconuts | 2 cups thick cream        |
| 2 cups sugar           | 4 cups flour              |
| 1 egg                  | 3 teaspoons baking powder |

Beat sugar, cream and egg together until stiff, add the flour grated coconut and baking powder and mix well. Put on tray in teaspoonfuls, sprinkle top of each with sugar and bake in hot oven.

## Buco Toffee (Philippines)

- |                         |                              |
|-------------------------|------------------------------|
| 1 cup coconut milk      | 1 tablespoon glucose         |
| $\frac{1}{2}$ cup sugar | 2 tablespoons grated coconut |

Mix all ingredients except the grated coconut. Cook on a low fire until it forms a solid mass. Add the grated coconut and continue cooking a few minutes longer. Transfer to a buttered board and allow to cool a little. Then form in to small balls and wrap in oiled paper.

## Coconut Milk Jelly (Malaya)

- |                            |                    |
|----------------------------|--------------------|
| 1 glass fresh coconut milk | 3 teaspoons sugar  |
| 3 tablespoons cow's milk   | 1 bundle agar agar |
| 3 tablespoons cold water   | (Sanchow)          |

Place the agar agar to soak in the cold water while the coconut milk is boiled with the sugar. Stand the latter aside to cool, and boil the agar agar and water for about 10 minutes. Cool a little, then add to the coconut milk, together with the cow's milk. Mix all together, pour into a mould and allow to set.

## Fish Curry (Ceylon)

- |  |                                     |
|--|-------------------------------------|
| 1 lb. boiling fish                                 | 1 coconut                           |
| 2 shallots   | 6 chillies                          |
| a piece of lemon grass                             | 1 piece of ginger                   |
| $\frac{1}{2}$ teaspoon of karadamungu <sup>1</sup> | 2 inch piece of rempah <sup>2</sup> |
| a sprig of karapincha <sup>3</sup>                 | 2 inch cinnamon                     |
| 2 tablespoons of Maldive fish.                     |                                     |

Extract the coconut milk with water three times. Put all the ingredients into the chatty. Add the 2nd and 3rd milky extracts and cook; then add the 1st extract. Heat again and serve with boiled rice.

<sup>1</sup> Karadamungu = fenugreek seed

<sup>2</sup> Karapincha = curry leaves

<sup>3</sup> Rempah = a special grass